GIBSON ALLEGEDLY BEAT EX-GIRLFRIEND RECORDING RELEASED ONLINE {page 12}

D-MAN O'BRIEN RE-SIGNED EXTENSIONS FOR GLASS, BOLDUC {page 18}

LEO

ACTOR TALKS ON FORAY INTO SCI-FI SCENE {page 10}

VANCOUVER metro®

Tuesday, July 13, 2010
www.metronews.ca

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Beached. Landing

▶ A sailboat sits on the rocks between Kitsilano Beach and the dog park yesterday after being blown ashore by strong overnight winds.

KRISTEN THOMPSON/METRO VANCOUVER

Howling winds wreak havoc

The storm, with winds of 75 km/h, knocked trees into buildings and downed power lines around the Lower Mainland.

Staying happily high-heeled

Minimize the damage done by walking tall {page 14}

Gilbert on being Committed

Eat, Pray, Love author talks to Metro about marriage {page 16}

Mayor sorry for f-bombs

Comments followed vote to create a mayor's West End advisory committee ◐ Speakers upset advisory members would be handpicked by councillors

JEFF. HODSON
@METRONEWS.CA

Vancouver's mayor offered an apology yesterday for swearing and dubbing speakers at a recent council meeting "NPA hacks."

A microphone, left on after the council chamber video cameras switched off, captured Gregor Robertson's remarks to councillors Heather Deal and Tim Stevenson following Thursday's council meeting.

"Who are all these f-ing, who are these hacks man? Are they, are they NPA hacks?" the mayor asks.

West End Neighbours, a group concerned about spot rezoning under the city's Short Term Incentives for Rental housing (STIR) program, posted the video online yesterday.

In an e-mail, Robertson said his comments were inappropriate, disrespectful and came after a long and contentious council meeting.

JEFF HODSON/METRO VANCOUVER

"There is no excuse and I want to express my apologies to the people who came to speak to council."
VANCOUVER MAYOR GREGOR ROBERTSON

NPA Coun. Suzanne Anton said the mayor's comments display arrogance and contempt for the speakers.

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Woman charged in '08 murder

A Vancouver woman was charged yesterday with first-degree murder in the March 2008 death of a physically disabled man in his East Vancouver apartment.

Marlene Anna Grenier, 31, was arrested Sunday in connection with the murder of Enrique (Rick) Manuel Marques at his home in the 2200 block of East 30th Avenue.

"(The arrest) reopens the wounds that the family felt at the time," said Insp. Mike Porteous. "But they were pleased, for sure."

Porteous said the investigation into the man's death was "arduous and extensive" and involved dozens of officers.

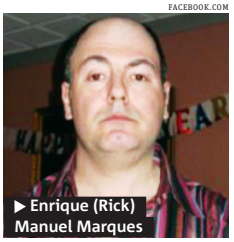
He refused to give specific details other than to say Marques and the accused were "acquaintances."

"In this case we identified the suspect early on, but it took this amount of time to gather enough evidence to meet the charge approval threshold for murder."

Marques, who was in his mid-40s, apparently had difficulty walking, which stemmed from a motorcycle accident in 1987.

JEFF HODSON

FACEBOOK.COM



▶ Enrique (Rick) Manuel Marques

Resort evacuated as wildfire rages

- Two buildings were destroyed
- Cause of wildfire unknown

KRISTEN. THOMPSON
@METRONEWS.CA

Authorities declared a state of emergency near Peachland yesterday as a wildfire continued to spread.

Vacationers and staff at Seclusion Bay Resort on Okanagan Lake had minutes to leave their cabins and fled on boat.

By deadline, the fire covered 18 hectares, according to fire information officer Michaela Swan.

"We're not calling it contained, but we definitely have guards around the fire and the winds have died down," Swan said.

Meanwhile, an evacuation order was downgraded to an alert yesterday after nearly 200 people were forced from their homes because of a sawmill fire near Armstrong.

Blazing B.C.

Around 60 forest fires have broken out around B.C. in the past few days.

- The largest fire is a 2,300-hectare blaze in the Cariboo.
- At least 10 of the fires were caused by people.
- Four fires started from lightning.
- Thirteen firefighters are battling the blaze at Seclusion Bay.
- 16,774 hectares have burned in B.C. wildfires this year.

500

Nearly 500 forest fires have broken out in B.C. in 2010.

DARREN HANDSCHUH/THE CANADIAN PRESS

▶ A forest fire threatens one of several structures at Seclusion Bay near Kelowna yesterday. Highway 97 has been closed down at the Okanagan Connector near Peachland.

1 news

News on the move

1. Download the free ScanLife application with your smartphone at 2dscan.com
2. Use the ScanLife application on your smartphone to scan 2D barcodes in Metro
3. The codes will direct your mobile browser to relevant content at **m.metronews.ca**

On the web at metronews.ca

Alberta farmers join ranks of oilsands critics after fumes cause serious health problems. Video at metronews.ca/canada

Not guilty plea from stepfather in girl's murder

Accused appeared in court in handcuffs, wearing a bullet-proof vest Wife told police the B.C. man is on medication for a bipolar disorder

A British Columbia man accused of slashing his stepdaughter's throat pleaded not guilty in a Washington state courtroom yesterday to first-degree murder.

A court-appointed lawyer entered the plea on behalf of Peter Wilson, 29, in Mason County Superior Court.

Five-year-old Clare Shellswell was killed in late June while vacationing with her family in Hoodsport, near Seattle.

A prosecutor filed the murder charge on Friday, along with a notice of intent to seek an exceptional sentence, said Ronald Sergi, Wilson's court-appointed lawyer.

FACEBOOK

Clare Shellswell

Sergi said a straightforward first-degree murder conviction for someone without a criminal history would typically result in a sentence of 20 to 25 years in the state. The notice of intent means a judge could impose an extended sentence of up to life in prison.

"I don't expect the prosecutor to seek a true life sentence," Sergi said.

He said in filing the notice, the prosecutor is alleging deliberate cruelty and violation of a position of trust.

Wilson's next court appearance is Aug. 9.

Eco group takes feds to court over fish

The federal government is being taken to court in an effort to ensure the recommendations from the latest inquiry into disappearing Fraser River salmon are followed.

Ecojustice, Canada's largest non-profit environmental law organization, said failure to act on 25 previous post-harvest reviews is prolonging the problem.

Ottawa unveiled new aquaculture rules yesterday — but only for B.C. — after a court ruling forced the province to give up jurisdiction over fish farms to the federal government. NATASHA POON

10M

The Cohen Commission examined the disappearance of 10 million fish from the 2009 Fraser River sockeye run.

News in pictures

PHOTOS
1. GOOGLE MAPS
5. THE ASSOCIATED PRESS

1 A woman fell to her death yesterday from a cliff on Savary Island, about 25 kilometres northwest of Powell River. The name of the victim has not yet been released. KYLE FARQUHARSON

2 Authorities on the North Shore are warning residents not to leave garbage at the curbside after a rash of bear sightings. An aggressive black bear was recently captured. KRISTEN THOMPSON

3 Lord Stanley's Cup will make an appearance in Surrey tomorrow. Chicago Blackhawks forward Colin Fraser, who grew up in that city, returns to brandish hockey's most heralded hardware between noon and 3 p.m. at Central City Plaza. KYLE FARQUHARSON

4 A Vancouver area transit officer injured while off duty has been awarded compensation in a landmark ruling. The officer's arm was run over while he was trying to take away the car keys of an alleged drunk driver. KRISTEN THOMPSON

5 A fugitive Seattle-area teenager dubbed the Barefoot Bandit could face charges in B.C. for allegedly stealing a plane. Colton Harris-Moore, 19, pictured above, was captured in the Bahamas after two years on the run. KRISTEN THOMPSON

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Subject: Sales Representative - Metro Vancouver
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Weather. Windstorm

▶Two men windsurf in the waters off Spanish Banks Beach during a windstorm in Vancouver yesterday.

DARRYL DYCK/THE CANADIAN PRESS

Harsh winds sweep across area

Winds of up to 75 km/h knocked out power, felled trees and snapped the anchor line of a boat, blowing it onto rocks off Kitsilano Point yesterday. The high winds were expected to continue last night before subsiding today.

Girl's disappearance latest in rash of B.C. boating mishaps

- **Alcohol is detected in two-thirds of boating-related drownings, the Canadian Medical Association says**
- **200 recreational boaters die in Canada each year**

KYLE FARQUHARSON
VANCOUVER@METRONEWS.CA

Mounties in Mission resumed their search yesterday morning for a 16-year-old girl who disappeared into Hatzic Lake on Sunday after falling off the bow of a speedboat.

She was not wearing a life preserver.

The teen's disappearance is one of four serious boating incidents around B.C. over the last two weeks.

84

The percentage of all boating accident victims who were not wearing a life jacket or PFD as of 2005, according to the Lifesaving Society of Canada.

Ten days ago, a collision between a speedboat and a houseboat on Shuswap Lake resulted in one death and several injuries.

A 50-year-old man is still missing in Harrison Lake, near Agassiz, after his boat capsized on Friday. The man's son, who was also onboard, managed to swim to safety. And Roland Compton, 69, of Chemainus, vanished on Saturday from the Alberni Inlet.

"What's most important is that (recreational boaters) are always aware of the dangers on the water, and that they always wear a life jacket," said Sgt. Miriam Dickson of the Mission RCMP.

31-YEAR-OLD KILLED

Deadly shooting in Burnaby targeted, police say

A shooting early yesterday morning in Burnaby has left a 31-year-old man dead.

Around 1:30 a.m., neighbours said they heard shots fired near Boundary Road and Spruce Street.

Shortly thereafter, the father of Harchie Tupas Onas found his son near the entrance to the family home on Boundary Road with several gunshot wounds.

Onas later died in hospital.

"Neighbours should be concerned, but not overly alarmed, as the shooting does appear to be targeted," said RCMP Sgt. Peter Thiessen.

KYLE FARQUHARSON

Man charged in sex assault

Police announced an arrest was made yesterday in a Vancouver sex assault, a type of crime that has seen a 20 per cent increase in the city since 2009.

Olgen Ifti, 38, of Vancouver, was arrested and charged for an incident that allegedly took place July 7 in a commercial establishment in the 2600 block of Arbutus Street.

JEFF HODSON

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Ghana.....9.9 ¢
Greece.....2.9 ¢
Guatemala.... 10.9 ¢
Guyana.....27.9 ¢
Honduras.....15.9 ¢
Iraq... from 4.9 ¢
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Italy..... 2.9 ¢
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Khadr lashes out at U.S. tribunal

Detainee says he intends to represent himself at trial Judge denies Khadr permission to fire lawyer

A defiant Omar Khadr spoke out on his own behalf yesterday, dismissing the U.S. military tribunal process as a "sham," denouncing his American captors, and disclosing an offer to serve just five years of a 30-year sentence in exchange for pleading guilty to war crimes — an offer he summarily rejected.

In a calm, measured voice, Khadr, a Toronto native, made clear his feelings about the judicial machinery that has kept him captive at Guantanamo Bay for the better part of eight years, even smiling on occasion as he addressed the judge, Col. Patrick Parrish, and his Canadian lawyer, Dennis Edney.

"I will not willingly let the U.S. government use me to fulfil their goal," the bearded Khadr, 23, said.

THE CANADIAN PRESS

Appeal

- The government plans to appeal a Federal Court ruling that ordered it to come up with solutions to breaches of Khadr's constitutional rights.
- The Supreme Court of Canada ruled in January that Canada breached international human-rights obligations when they interrogated Khadr six years ago, knowing he'd been subjected to sleep deprivation and with no lawyers present.

Calgary. Premier flip

▶ Alberta Premier Ed Stelmach flips a pancake at his annual Stampede breakfast in Calgary yesterday.

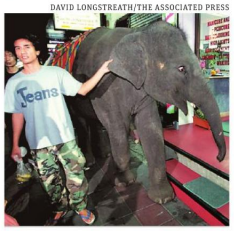
JEFF MCINTOSH/THE CANADIAN PRESS

Summer in Cowtown

The Calgary Stampede continues until July 18 with rodeo action, livestock competitions and agricultural displays.

Thai cracks down on scams using elephants

DAVID LONGSTREATH/THE ASSOCIATED PRESS



You can still feed elephants in Thailand's bustling capital — but it could cost you.

Bangkok authorities said yesterday anyone caught handing bunches of bananas or sugar cane to elephants — proffered by their handlers in a ruse to make money — faces a $320 US fine.

Thailand has about 2,400 domestic elephants. There is little demand these days for the animals' traditional skills in logging and other labour, so owners sometimes loan them out for begging from tourists and locals in major cities.

THE ASSOCIATED PRESS

Haitian recovery very slow

Rebuilding quake-stricken Haiti will take at least a decade, said Canada's foreign affairs minister as he urged patience with "a long-term process." Haitian reconstruction is a "monumental task requiring a sustained effort and a long-term commitment," Lawrence Cannon told a news conference yesterday marking the earthquake's six-month anniversary.

THE CANADIAN PRESS

$150M

Amount so far distributed by Canada to Haiti of the $500 million it pledged for earthquake relief.

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Halifax	one-way from $279 + taxes & fees $93
London	from $349 + taxes & fees $474
Barcelona	from $349 + taxes & fees $371
Paris & Frankfurt	from $369 + taxes & fees $364

Vancouver – Paris // Frankfurt – Vancouver

Paris	from $398 + taxes & fees $427
Honolulu	from $398 + taxes & fees $111
New York	from $438 + taxes & fees $128
Tokyo	from $699 + taxes & fees $205
Bangkok	from $729 + taxes & fees $269

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INCLUDES accom on Aragon Street, one of the biggest streets in Barcelona.

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Whistler Weekend Family Special, 2 Nights 4-Star from $69‡‡ taxes & fees included

INCLUDES 2 nights accom in the heart of Whistler Village.

Caribou Ranch Active Retreat 3-Nights from $105‡ + taxes & fees $13

INCLUDES chalet accom with kitchenette, 2 1-hr horseback rides per chalet, 1 massage per chalet, morning guided walks, use of pool, hot tub, sauna & 20,000 acres of land to hike and bike.

Sunshine Coast Family Special 2 Nights 4-Star from $169‡‡ taxes & fees included

INCLUDES 2 night accom in a 2 bedroom villa complete with full kitchen, patio and BBQ.

Thompson River Rafting 2 Nights from $429‡ taxes & fees included

INCLUDES 2 nights cabin-tent accom, all meals, 1-day guided rafting on the Thompson River and use of all recreational amenities at the resort.

Edmonton Indy Air + 3 Nights from $519 + taxes & fees $128

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USA Vacations

San Diego Family Special Air + 5 Nights from $544◊ + taxes & fees $136

BONUS breakfast and FREE shuttle to/from SeaWorld, San Diego Zoo and airport included.

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Anaheim Family Special Air + 4 nights from $359◊ + taxes & fees $113

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New terrorist group emerges in East Africa

Al-Qaida-linked militants threaten Burundi Kenya, Djibouti, Ethiopia may also face attacks, say analysts

East Africa saw the emergence of a new international terrorist group yesterday, as Somalia's most dangerous al-Qaida-linked militia claimed responsibility for the twin bombings in Uganda that killed 74 people during the World Cup.

The claim by al-Shabab, whose fighters are trained by militant veterans of the conflicts in Afghanistan and Iraq, resets the security equation in East Africa and has broader implications worldwide. The group in the past has recruited Somali-Americans to carry out suicide bombings in Mogadishu.

Al-Shabab, an ultraconservative Islamic group that has drawn comparisons to the Taliban, has long threatened to attack outside of Somalia's borders, but the bombings late Sunday are the first time the group has done so.

Despite the threats, the army spokesman for Uganda said the country would not withdraw troops from Somalia, one of Al-Shabab's demands.

"We warned Uganda not to deploy troops to Somalia, they ignored us," said Sheik Ali Mohamud Rage, al-Shabab's spokesman. "We warned them to stop massacring our people, and they ignored that. The explosions in Kampala were only a minor message to them. ... We will target them everywhere if Uganda does not withdraw from our land."

THE ASSOCIATED PRESS

Aftermath

The death toll in Sunday's twin blasts rose to 74 yesterday, Ugandan officials said.

- Investigators combed through the blast sites, one an outdoor screening at a rugby club and the other an Ethiopian restaurant — a nation despised by al-Shabab. Investigators found the severed head of what appeared to be a Somali suicide bomber.

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Survey shows firms upbeat about recovery

StatsCan reported last week June saw 93,000 jobs created ◐ Half of firms plan to add workers this year

Canadian firms are giving the recovery a vote of confidence in a key quarterly survey, paving the way for the Bank of Canada's expected interest rate hike next week.

The central bank's quarterly survey, released yesterday, showed firms were concerned about the fallout from the European sovereign debt mess, but still generally upbeat about the coming year.

"Overall, (business executives) are positive about the outlook for business activity over the next 12 months," the bank wrote.

On the key hiring intentions question, 50 per cent of firms surveyed said they planned to add workers over the next 12 months.

Market moment

PRICES AS OF 5 P.M. THURSDAY

TSX	Dollar
–4.69 (11,565.76)	–0.35¢ ($96.39¢ US)
Oil	**Natural gas 1,000 cu ft**
–$1.14 US ($74.95 US)	$4.388 (– 1.4¢)
	Gold contracts
	$1,198.50 (– $11.10)

Following a strong jobs report last week, the survey likely represents the last piece of evidence governor Mark Carney was looking for to confirm a pre-disposition to continue raising rates.

"I'd say there's a 75 or 80 per cent probability they will hike next week by 25 basis points," said Derek Holt, vice-president of economics with Scotia Capital.

What could stop Carney is the unknown factor of what will happen to the global economy as governments move from spending to restraint later this year and next.

THE CANADIAN PRESS

Brussels. Protest

▶ A police officer stands amongst objects thrown at police during a milk farmers' protest in Brussels yesterday.

MATTHEW BUSCH/THE ASSOCIATED PRESS

Crying over milk prices

Milk farmers stood outside meeting of EU agriculture ministers at the EU Council building in Brussels yesterday, protesting what they consider are unfair prices for their products.

Cost of battling oil spill has hit $3.5B: BP

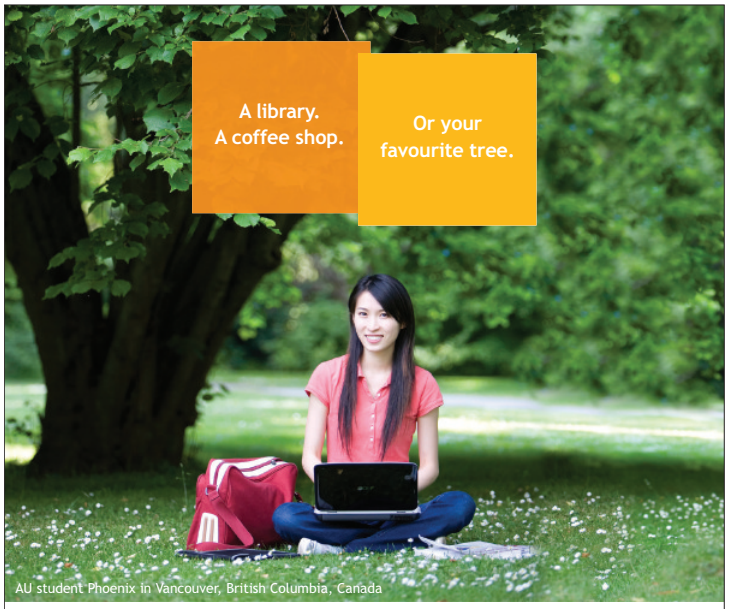
BP PLC said yesterday the cost of dealing with the oil spill in the Gulf of Mexico has risen to $3.5 billion US yesterday, though its shares rallied on reports it may sell some assets.

The oil company said the overall cost includes nearly $165 million paid to settle individual claims. BP said that by Saturday, it had received 105,000 claims and made more than 52,000 payments.

The company says it is still too early to estimate the final total of costs and compensation.

THE ASSOCIATED PRESS

10 **A new, tighter cap, known as Top Hat 10, was set to be placed on top of BP's busted oil well in the Gulf of Mexico yesterday, a few tantalizing steps shy of knowing whether it will finally stop crude from gushing into the gulf.**



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iPhone 4 has reception issues: Consumer Reports

Consumer Reports says the iPhone 4 has reception problems caused by its antenna design.

After the iPhone 4 went on sale in June, buyers started complaining that holding the gadget a certain way could cause calls to drop.

Apple has said that any phone will lose signal strength when gripped in certain ways. It said the iPhone 4 seems to show a larger drop because it has been using a faulty formula to decide how many signal bars to show.

But Consumer Reports says it tested several phones that use AT&T Inc.'s network, and only the iPhone 4 seemed to have the reception issue.

AP PHOTO/ALAN DIAZ, FILE

▶ Apple's iPhone 4

Consumer Reports says the iPhone 4 will not be marked "recommended" on its updated smart phone ratings list because of this problem.

THE ASSOCIATED PRESS

BlackBerry

BlackBerry maker Research In Motion is facing questions from shareholders about its relevance in the growing smartphone market.

▶ **Questions** RIM holds its annual meeting Tuesday in Waterloo, Ont., where the company started in 1984

▶ **Challenges** RIM and iPhone maker Apple were No. 1 and 2 in North America, but the gap is narrowing and the appeal of smartphones using Google's open-source Android operating system is growing.

THE CANADIAN PRESS

Ivanhoe battles takeover

A battle is brewing between Ivanhoe Mines Ltd. and international mining powerhouse Rio Tinto over a move by the Canadian company to protect itself against a hostile takeover.

Vancouver-based Ivanhoe said Monday a so-called "poison pill" adopted in April doesn't violate a joint-venture contract between the two companies.

Rio Tinto said last week that it would initiate an arbitration proceeding against Ivanhoe for its adoption of the poison pill, which it says breaches a joint-venture agreement to develop the huge Oyu Tolgoi copper-gold mine in Mongolia. THE CANADIAN PRESS

29.6 **The Oyu Tolgoi mine in Mongolia, which is owned by Ivanhoe and the Mongolian government, is one of the top three copper and gold mines in the world. Rio Tinto has an indirect ownership interest in the mine through its 29.6 per cent stake in Ivanhoe.**

TRADING LATTES FOR RETIREMENT

She says ...

JESSICA NAPIER

A few weeks ago my dear friend Jen attempted to explain to me the finer points of her RRSP.

Pretending to listen (sorry Jen, you lost me at "minimum disbursements") I got to thinking — is this the same girl who routinely blew off her early morning accounting class in favour of hung-over pancake breakfasts at our favourite greasy diner? When we were at university our idea of an investment strategy was selling used textbooks for a Thursday night bottle of wine. It didn't seem necessary to think about saving for anything beyond our weekend plans.

Eventually, Jen did attend enough accounting classes to complete her degree. She now holds down a very respectable bank job while I opted for more education and many more Thursday night vino-drinking sessions.

As a result of our divergent post-grad choices, Jen has become a savvy financier, complete with office-appropriate heels and a respectable retirement savings plan. I, on the other hand, am known as the irresponsible art school friend who regularly has more money on her Starbucks card than in her chequing account.

After rent payments, my cell-phone bill and an overpriced gym membership (because I swear I'll start going next week), I'm lucky if I have enough left over for my daily grande latte habit.

"Ever since my first babysitting profits started rolling in I've always thought about money in an it's-there-so-I-might-as-well-spend-it kind of way."

So how do such close friends develop such drastically different spending habits? My parents have always had a "we can't take it with us" approach to their retirement savings so they might be partially responsible for my spendthrift attitude. But I know they aren't entirely to blame.

Ever since my first babysitting profits started rolling in I've always thought about money in an it's-there-so-I-might-as-well-spend-it kind of way. As I get older, and presumably wiser, I'm starting to realize that might not be the most responsible attitude.

So, in an ongoing effort to become a grown up, I've decided it's time I give my finances a serious makeover.

Jen has promised to give me a lesson in budgeting and I'm resolving to embrace a lifestyle of frugality by cutting back on my not-so-necessary expenses. I'm starting with a solid investment — a coffee maker for my kitchen.

Sure, I'll miss that early morning barista banter, but at $4 a pop (that's a whopping $1,460 a year) it's easy to see that I need a serious detox from those fancy, frothy beverages.

Cartoon

MICHAEL DE ADDER

Opportunity wasted

Letters & Tweets

TORONTO. Free speech makes you look smart, crime makes you look stupid.

I feel for all of the legitimate protesters who travelled to Toronto in the hopes of voicing their disapproval or other views surrounding the G20 and G8 summits being hosted in Canada.

They were doing something that is legal and completely respected in Canada: They were enjoying their right to speak freely about our government and their decisions.

I feel for them because they were lumped in with all the criminals, and yes, I did say criminals: Those who decided to use this opportunity to say nothing and take blatantly illegal actions that prove nothing to the government besides how childish their citizens are acting.

The media is one of the most powerful tools in this world. Believe it or not, our government is influenced by what happens in the media.

Thanks for wasting this tool by committing senseless and pointless acts that, of course, overtook the media, ensuring no one's legitimate concerns were heard and nothing got accomplished in the sea of madness.

ERIN STEWART

Breaking the peace

RICHARD LAUTENS/TORSTAR NEWS SERVICE

What's your best garage sale find?

Email
vancouverletters@metronews.ca
Twitter
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Metro has the right to edit letters and submissions.

Noteworthy

Octopus oracle calls it a career

Paul, the octopus who became a pop culture sensation by correctly predicting the outcome of as many World Cup matches as he has legs, is going to retire.

Aquarium employees presented the octopus yesterday with a golden cup — similar to the official World Cup trophy. THE ASSOCIATED PRESS

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Metro Minute at a summer mixer

Entrepreneurs looking to network and showcase their businesses may be interested in attending tonight's Meetup Summer Networking Mixer and Mini-Trade Show presented by Blenz Coffee.

Two groups of 10 entrepreneurs will get two minutes each to pitch their business. The rest of the night will be free to network.

The event starts at 7:10 p.m. at the Sandman Hotel Ballroom. Admission is $15 to attend and includes light appetizers. Drinks are extra, however, access to a bar will be available.

The Sandman Hotel is located at 180 West Georgia St. Information at meetup.com/Vancouver or 604-781-7093. NATASHA POON

RENE JOHNSTON/TORSTAR NEWS SERVICE

▶ The networking session includes drinks and appetizers.

2 scene

News in brief

1 K'naan is asking for an apology and a retraction from a South African newspaper that called the Toronto rapper "difficult."
THE ASSOCIATED PRESS

2 Carlos Santana has gotten engaged after proposing onstage to his girlfriend, drummer Cindy Blackman.
THE ASSOCIATED PRESS

Scan code for a story on cult comic artist Harvey Pekar who died at 70 (for instructions, see page 3)

PHOTO COURTESY WARNER BROS

DiCaprio dreaming

▶ Christopher Nolan's Inception — in theatres Friday — will be Leonardo's DiCaprio's first foray into science fiction.

Shutter Island star may not be a 'big dreamer' but he finds a way of breaking into the subconscious in sci-fi thriller Inception For DiCaprio, the dark side holds special lure

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METRO WORLD NEWS IN LOS ANGELES

Leonardo DiCaprio is the first to admit the subject matter of Christoper Nolan's Inception was a little foreign to him.

The film is an elaborate heist drama about a man (DiCaprio) skilled in stealing information from a target's subconscious through their dreams. And DiCaprio? "I'm not a big dreamer. I never have been," he admits. "I remember fragments of my dream."

Though he initially approached the complex, labyrinthine film like he would any other, DiCaprio admits that didn't last.

"I tried to take a traditional sort of approach to researching this project and doing preparation for it. You know, read books on dream analysis, read Freud's book on the analysis of dreams and tried to research it in that sort of form," he says. "But I realized this is Chris Nolan's dream world."

It's also DiCaprio's first foray into science fiction, something he admits he's never had much interest in. "One of the earliest conversations I had with Chris was how both of us have a hard time with science fiction," he says. "We have a little bit of an aversion to it because it's hard for us to emotionally invest in worlds that are too far detached from what we know." He credits Nolan's style of filmmaking and storytelling for allaying his fears. "What's interesting about Chris Nolan's science fiction worlds is that they're deeply rooted in things that we've seen before," DiCaprio says. "There's not too much of a leap of faith to make."

As an actor who admittedly makes a lot of decisions about what roles to take based on who the director is, DiCaprio has only the highest praise for his latest collaborator. "This was an extremely ambitious concept that Chris was trying to pull off here. And he accomplished it in flying colours," he says.

Leo eyeing Hoover role

This list of directors with whom DiCaprio has collaborated is indeed impressive, including Martin Scorsese, Steven Spielberg, Sam Mendes and Woody Allen. So who's missing? How about the man behind Unforgiven, Million-Dollar Baby and Invictus? "I'm talking to Clint Eastwood about playing J. Edgar Hoover, who had his hand in some of the most scandalous events in American history — everything from the Vietnam war and Dillinger to Martin Luther King and JFK," says DiCaprio.

Tell us what you are recording @vancouvermetro

PVRTweets

How many hours/minutes of recording do you currently have on your PVR?

@poundstreetcrea approx 4 mins left ...Way too many wiggles shows LOL

@jdeslippe i am currently at 48% of capacity. I have been up to 100% and down as low as 20%. On average though I hover between 45% to 70%.

@esheinberg My PVR is about 45% full

@maryselalonde I have 240 minutes or 4 episodes of glee

DVD Releases Buy it ●●●●● | Rent it ●●●● | Borrow it ●●● | Yawn ●● | Don't bother ●

Sex and the city

Chloe
Genre: Thriller
Director: Atom Egoyan
Stars: Amanda Seyfried
●●●●

Atom Egoyan's thriller-ish remake of the 2003 French film Nathalie, significantly quickens the Toronto auteur's pulse. It does the same for Toronto, bathing the city in a sensual light that is almost indecent to behold.

The plot dynamics remain much the same. The gynecologist wife Catherine (Julianne Moore) hires hooker Chloe (Amanda Seyfried) to tempt her professor husband David (Liam Neeson). But the stated purpose is to confirm Catherine's suspicions of infidelity.

Hooker Chloe, all long legs and blonde tressess, is only too happy to play along. What neither woman counts on is that this cat-and-mouse game might lead to cat-and-cat attraction.

PETER HOWELL

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▶ Some critics are saying it's his best work to date

More damaging Mel tapes leaked

Mel Gibson is heard allegedly acknowledging that he hit the mother of his 8-month daughter.

The eight-minute recording posted yesterday by RadarOnline.com is purportedly a phone argument between Gibson and then-girlfriend Oksana Grigorieva. A voice sounding distinctively like the Academy Award-winner is heard telling Grigorieva that she "deserved" to be hit after she chastised him for allegedly punching her in the face and breaking two of her teeth.

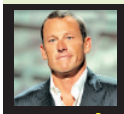
"Oh, you're all angry now!" Gibson responds. "You know what, you ... (expletive deleted) deserved it!" An L.A. County Sheriff's Department spokesman would not say whether the recordings would become part of the investigation.

THE ASSOCIATED PRESS

Celebrity tweets

Lindsay Lohan [@lindsaylohan] I love my mother... she is amazing and strong* she's all i could ask for and more, by taking on the role of my mother and father all my life

Neil Patrick Harris [@ActuallyNPH] Lindsay Lohan crying in the courtroom - true, authentic regret or yet another theatrical performance? So hard to tell with actresses...



Lance Armstrong [@lancearmstrong] Stage starts out through a village called "La Cure". If Robert Smith isn't standing by the roadside then I'm going to be super pissed!

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How to be a superhero

Ever envied Ryan Reynolds' six-pack and Scarlett Johansson's sexy silhouette? Fitness guru Bobby Strom is the body-blitzer Hollywood turns to when serious action's involved. Transforming mere humans into kick-ass superheroes in Iron Man 2, Green Lantern and Blade Trinity, Strom creates a Storm.

ROMINA McGUINNESS
WELLNESS@METRONEWS.CA
METRO WORLD NEWS IN LONDON

The transformation

"Consistency, balance and moderation are key triggers for change and jumping the gun will only lead to pain and injury," Strom says. "Once you have synergised your exercise and nutrition habits, you will get optimum results."

Having trained Scarlett Johansson for her role as the Black Widow in Iron Man 2 and currently whipping Blake Lively into shape for her role as villain Star Sapphire in Green Lantern, Strom knows that there's more to it than aiming to get them to fit into Lyrca cat suits.

"These girls are doing stunts on harnesses and doing crazy jumps, so I focus on building their core strength," he says.

Toning but not bulking

"Women want to be trim, toned and lean so we do exercises that use and manipulate their own body weight, so as not to create bulk or heavy muscle," he says. "Knee pushups, rocking lunges and jumping squats will and moves on the Swiss ball will all work on the core."

Shape and sculpt

"With women, I focus on

GETTY IMAGES

▶ Ryan Reynolds

creating lean muscle in the legs, upper body and stomach areas," Strom says. "Circuit training is a fantastic way of getting the heart rate up by doing 15-20 repetitions of the same moves using light weights and dumbbells, a method I used thoroughly on Scarlett."

Surprisingly, it seems that men favour defined muscle tone over big and bulky, something Strom is currently doing with Ryan Reynolds in preparation for his lead part in Green Lantern.

"Men want to be lean as well and the focus is on the back and the shoulders … it's not all about being buff."

On the menu? Metabolism

During exercise, your heart is pumping and your metabolism is working at a

"It could take weeks before you notice significant weight loss or muscle definition."
BOBBY STORM

faster rate, but how can you keep this up after the work out?

According to Strom, it's all about how you eat.

"Think of the body like a race car — you want the car to be light so that it can get around the track as fast as possible — so only put enough fuel to finish the track," he says. "Food is fuel and we should think of eating as re-fuelling. At the end of the day, fat is nothing but stored food so if there is no food to store there will be no fat."

Eating in a controlled and constant manner gives the best results. When training Johansson, he got her to eat small portions every two to three hours on top of training seven days a week for five month.

For Strom, moderation is key: "You can have too much of a good thing and that applies to both food and exercise."

So now go zip up that body suit.

Bobby Bites

Sugar causes the body to store fat so in order to avoid this, Strom recommends basing your diet on foods with a low glycemic index that release energy over a longer period of time.

- **Breakfast:** porridge, eggs or fruit and yogurt are all good choices.
- **Lunch and dinner:** This should be similar variations of a mix of complex carbs, lean protein and green vegetables. Brown rice, sweet potatoes and yams along with fish, chicken and spinach, broccoli or kale are all great. Green vegetables are particularly good as their calcium and iron content is actually higher than that of dairy and comes without the fat.
- **Snacks:** Should be eaten small handfuls so graze on nuts such as almonds, walnuts, and cashews with apples or yogurt.

3 life

Icky Flip Flops

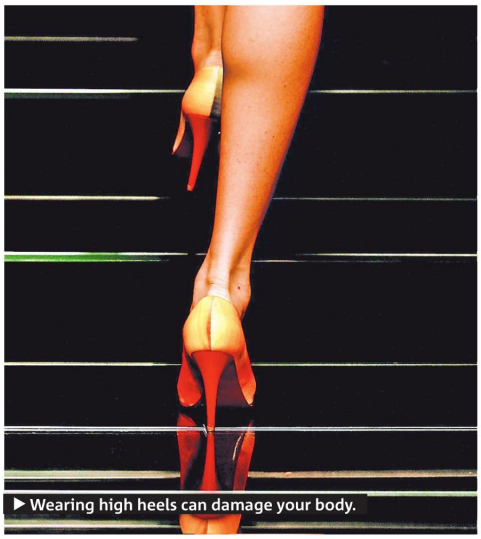
A recent study by New York University and the University of Miami found the average pair of flip flops harbours more than 18,000 bacteria. The study found 93 per cent of flip flops worn for more than three months have fecal bacteria, and 20 per cent have E. Coli.

What's scarier, think how many times you touch your hands to your feet, and then to your face, in a day. A quick solution is to use a hand sanitizer — like the easy to use One Step Hand Sanitizer — regularly to keep your hands clean.
METRO NEWS SERVICES

Antibody discovery renews search for AIDS vaccine"

Fashion alert: High heels a health hazard

Fashion accessory can be painful in many ways ◐ Spine, hips, ankles, toes all at risk



▶ Wearing high heels can damage your body.

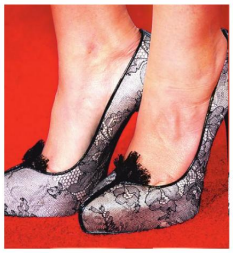
ROMINA McGUINNESS
WELLNESS@METRONEWS.CA
METRO WORLD NEWS IN LONDON

How does wearing high heels damage your body?

Bunions: Wearing tight fitted shoes may cause a bony growth on the joint at the base of the big toe.

Calf muscle: High heels cause the calf muscle to contract as it is forced to adjust to the irregular angle. In the long term this can cause the muscle to shorten and tighten.

Shortened Achilles tendon: The higher heel you chose, the shorter you tendon becomes. This in turn will create heel pain as the front of the foot moves downwards in relation to the heel your Achilles tendon tightens up.



Poor Posture: Holding a good posture is rare when perched in vertiginous heels. The heels push the centre mass of the body forward causing the hips and the spine to move out of their alignment. Bad posture is also responsible for lower back pain.

Knobbly Knees: Walking in high heels alters the posture of walking as it places an excess of force and mass onto the inside of the knee.

Bad Balance: You are at a greater risk of falling over and therefore damaging your ankle (sprain and break) as high heels create bad balance.

Metatarsalgia: High heels force body weight to be redistributed. Wear over long periods can lead to joint pain in the ball of the foot, known as metatarsalgia.

Minimizing the Impact

It's unlikely women will ever give up wearing high heels, an accessory regarded by many as the ultimate confidence booster. Here are the top 5 tips to ensure you stay happy once heeled high.

- **Keep the height** of your heel to 4 cm or below.
- **Variation is important** — if you wear 10 cm heels one day, try no heel or a very low one the next.
- **Avoid backless heels.** The lack of support forces you to claw your toes as you walk.
- **Perform a series** of calf stretches at the end of the day to keep your feet supple and counteract the shortening calf muscle effect caused by heels.
- **Choose a heel** with a strap over the instep as this will hold the foot in a secure position and stop it from sliding forward.

SOURCE: THE SOCIETY OF CHIROPODISTS AND PODIATRISTS UK

Keeping your eyes sparkling

Your eyes may be your ultimate connection to the outside world but how can you look after them from the inside? Ramona Braganza has some tips for Metro readers.

▶ The best foods to eat to keep your eyes looking clear and sparkly are leafy green vegetables (spinach) and ones that contain Vitamin A such as carrots to help fight environmental free radicals such as dirt dust and sunlight.

▶ Drinking two to three litres of water a day will not only stop you suffering from dizzy spells but also boost our energy levels. Your eyes are the mirror to your health, water flushes out the system, ensuring your eyes will keep on sparkling.

● METRO WORLD NEWS

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▶ Celebrity fitness trainer Ramona Braganza says we should all think about taking naps.

The benefits of power napping

◐ Saying yes to a siesta can do wonders for your health, well being ◐ Recharge, recoup, revive

Celebrity fitness trainer Ramona Braganza, the woman behind Halle Berry's toned silhouette, gives Metro tips on why we should all be thinking about taking a nap …

1. Napping can lower levels of stress hormones during the day, leaving you feeling more relaxed and capable of handling the rest of the day more effectively.
2. Short naps give you extra energy, making you more alert and productive throughout the rest of the day.
3. Regular naps may lower the risk of having a heart attack in the long term, related to lowered stress levels.
4. Naps help increase your memory, giving you better learning power by making sure you are well rested.
5. A 20-minute nap can help recuperate lost sleep from the previous night.

● METRO WORLD NEWS

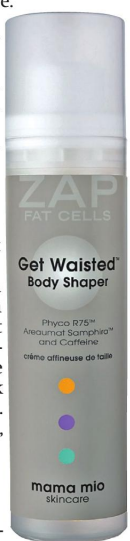
How to rid your skin of cellulite

Top 3 ways to peel orange skin with Ramona Branagnza.

Cellulite busters

▶ Hydrate as much as possible as water helps to flush out toxins from the body, allowing your skin to remain looking smoother.

▶ Moisturize. There are many new creams that can help skin appearance and texture. Braganza suggests Mamma Mio Get Waisted, the cream helps burn stored fat cells, reduce the overall look of cellulite.



▶ Exercise, especially strength training workouts help improve body composition by burning away body fat (which is basically what cellulite is made up of) and increasing and improving muscle.

● METRO WORLD NEWS

Liquid assets

My go-to summer wines

If medium- to full-bodied red wines are your favourite tipple you don't look forward to hot summertime weather because they can come across flabbier than the auditions for next season's Biggest Loser.

While no wine likes heat; the deeper, darker flavours of most reds lose their complexity when served with even a hint of warmth. Truth be told, the thought that a red wine should be served at the room temperature of a modern home is baloney. When that old chestnut was thought up they were talking about the room temperature of a house circa the 18th century (so more like 10 - 18˚C).

Lighter reds are the best choice this time of year. Not only do they have more juicy fruit flavours, they really shine when poured with a bit of a chill (as cool as 10˚C). Those from France's Beaujolais region top my list of go-to summer wines with the Georges Duboeuf 2008 Beaujolais-Villages ($13.00 - $17.99) a textbook bright-berry sipper that's well-balanced and very barbecue-friendly.

The Italians often serve their lighter reds with a right-from-the-fridge chill with the Bolla 2008 Valpolicella Classico ($13.00 - $15.25) a cherry-infused easy-drinker that pairs perfectly with pizza and pasta.

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

Colourful penne & sausage salad

Grilled sausage, pepper and bocconcini pasta salad ◗ A hearty salad that is quick and easy to prepare ◗ Full of colourful and seasonal vegetables with a light, fresh dressing

Makes 4 servings
Prep time: 10 min.
Cooking: 15 min.

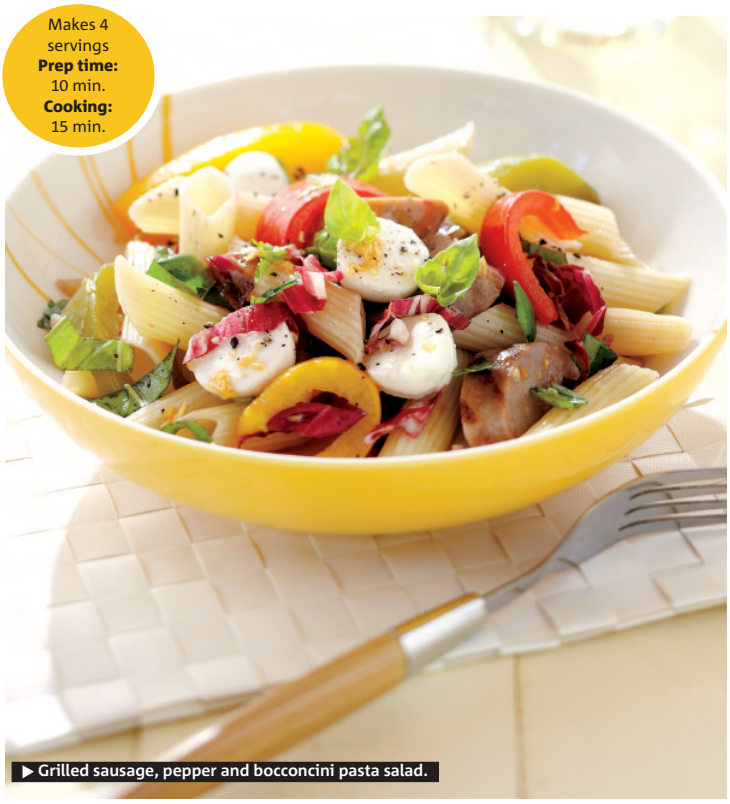
Ingredients:

- 3 cups (750 mL) penne
- 1 large clove garlic
- ¼ tsp (1 mL) salt
- ¼ cup (60 mL) extra-virgin olive oil
- 3 Tbsp (45 mL) red wine vinegar
- ¼ tsp (1 mL) pepper
- 4 hot or mild Italian sausages
- 1 each sweet red, yellow and green pepper
- 1 head radicchio
- 1 container (200 g) small bocconcini cheese
- ¼ cup (60 mL) loosely packed fresh basil, thinly sliced

Preparation:

1. In saucepan of boiling salted water, cook pasta according to package instructions; drain and set aside.
2. Meanwhile, mince garlic with salt. In large bowl, whisk garlic mixture, oil, vinegar and pepper. Set aside.
3. Place sausages and red, yellow and green peppers on greased grill over medium heat; close lid and grill, turning often, until juices run clear when sausages are pierced and peppers are charred all over, 10 to 15 minutes.
4. Cut sausages into bite-size pieces; set aside. Peel, quarter and seed peppers; slice and add to dressing. Toss to coat.
5. Cut radicchio in half lengthwise; remove core. Grill, turning often, until leaves are tender and slightly charred, 5 minutes.
6. Transfer to cutting board; slice. Add to dressing. Add pasta, sausage, cheese and basil; toss to combine.

CONTRIBUTED BY


▶ Grilled sausage, pepper and bocconcini pasta salad.

Sour cherry buckle for a sweet ending

Put your tart fruit to the test with this sweet recipe ◗ Crumble topping adds the perfect finishing touch to this classic and delicious dessert.

Ingredients:

- ½ cup (125 mL) unsalted butter, softened
- ⅔ cup (150 mL) granulated sugar
- 2 eggs
- 1 tsp (5 mL) vanilla
- 1½ cups (325 mL) all-purpose flour
- 1½ tsp (7 mL) baking powder
- ¼ tsp (1 mL) salt
- ⅓ cup (75 mL) milk
- 1½ cups (375 mL) drained pitted sour cherries

FILLING:

- 1½ cups (375 mL) drained pitted sour cherries
- ¼ cup (60 mL) granulated sugar

TOPPING:

- ½ cup (125 mL) all-purpose flour
- ¼ cup (60 mL) granulated sugar
- ¼ tsp (1 mL) cinnamon
- Pinch salt
- ¼ cup (60 mL) unsalted butter

Preparation (topping):

1. In bowl, stir together flour, sugar, cinnamon and salt. Using fingers, rub in butter, squeezing to form clumps. Set aside.
2. In large bowl, beat butter with granulated sugar; beat in eggs, 1 at a time. Beat in vanilla.
3. In separate bowl, whisk together flour, baking powder and salt; stir into butter mixture alternately with milk, making 3 additions of flour mixture and 2 of milk. Fold in sour cherries. Spread in 9-inch (2.5 L) square metal cake pan.

Preparation (filling):

1. Toss sour cherries with sugar; spread over batter. Sprinkle with topping.
2. Bake in 375°F (190°C) oven until tester inserted in centre of cake comes out clean, 50 to 60 minutes. Let cool on rack.

▶ Sour cherry buckle

CONTRIBUTED BY

Terrified of marriage

Writing from a place of personal experience, Elizabeth Gilbert wrote Committed for those battling to keep their marriages together.

NINA ETTRUP
@METRONEWS.CA
METRO WORLD NEWS IN DENMARK

Elizabeth Gilbert's autobiographical Eat, Pray, Love became an international best-seller and is about to be released as a movie starring Julia Roberts. This week her new book Committed was also released in Europe.

Why did you call the book Committed?
The word 'Committed' has two meanings.

One is having a contract, to be connected and the other, obviously, is being admitted to a mental institution. So I'm playing on that a little bit. I like that there's a kind of fierceness to the word – in both meanings. It's got a lot of muscle, it's not a happy-go-lucky word — and that appeals to me, because that goes well with the way we decided to get married.

▶ Javier Bardem and Julia Roberts star in Eat, Pray, Love — an autobiography by Elizabeth Gilbert.

What were you most afraid of about getting married?
I was afraid of becoming someone else.

I was afraid of the power of the language of marriage. There are so many expectations connected to it, and I was afraid it would cause me to be someone I didn't want to be. I was afraid that marriage would be the end of my privacy and of me being in control.

What would have happened if you had fallen in love with someone who wanted to get married?
I don't think it was an accident that I fell in love with someone who didn't want to get married, who didn't want any more kids, who doesn't have any trace of traditional views on what men and women are.

That's what I was attracted to. If he had been someone who wanted to get married, I don't think there would have been a second date. And the good thing about neither one of us wanting to get married is that now none of us has a feeling that we were tricked into it by the other one.

Have you seen anything from the Eat, Pray, Love movie?
I have seen the entire film, and it's really good.

I'm very happy to say that. I would never say anything negative about it – I think it would be tacky to ... criticise what they do, but they've made it easy for me

Get to know her

Who is this Elizabeth Gilbert?

- **Born:** July 18, 1969 in Connecticut, USA.
- **BA in:** Political studies from New York University.
- **Eat, Pray, Love was released in:** 2006
- **It has sold:** More than 7 million copies worldwide.

Smug Marrieds

KATE STEWART & BRET DAWSON
2FORCOUPLES.COM

WHY NOT JUST TRY HONESTY?

Q: Is biting your tongue around your partner sometimes the key to a healthy relationship, or best to let everything out?

Bret says...
Here are some clear guidelines. If the thing in your mind is troubling you or making you hurt or making you sad or making you feel weird and lonesome, say it. Tell your partner what's on your mind. Maybe it will turn out to be nothing, or maybe it will spark a fight, but at least you will have let the tension out. Conversely, if the thing in your mind is a ball of mean, and if you have been rolling it around in your head, looking for notches where you can attach hurtful little spikes to it, and if you have been fantasizing about how when you throw it out there it will explode and make your partner feel crumpled and small, bite your tongue. Then later, when you are alone, apologize. Apologize to yourself. Apologize to everyone you have ever shared a thought with. Understand that you nearly shat in the pool. Be grateful you didn't.

Kate says...
Yup.

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Spread the eggs

If you want to have your financial cake and eat it too, don't put all your eggs in one basket.

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

I've spent the past couple of weeks debunking various financial myths, such as the investment industry's mantra that buy and hold is the only way to go and that the young can afford to take risks.

However, there is one rule that I (and my granny) wholeheartedly endorse. Don't Put All Your Eggs in One Basket. It's as true of investing and financial planning as it is of pretty much every aspect of life.

The technical name is diversification, but I like the eggs analogy.

If you have too many eggs in too few baskets, you risk disaster should the basket (the stock market) fall. We saw it with real estate in the mid-'90s, tech stocks in 2000 and the financial sector in 2008. Spreading your eggs over a number of baskets is the essence of defensive investing which is absolutely the best approach for most people.

Right now many investors are heavy into gold stocks or resource based mutual funds, which have been riding high.

But those sectors will have their day and that day will be done before the average investor realizes what's going on. And it will go down much more precipitously than the rest of the market.

▶ Diversification will reduce the risk you take in investment.

Diversification doesn't just mean spreading those eggs among the various stock market sectors. It also means popping a few into nice safe baskets such as bonds, preferred shares and cash-like investments such as GICs or even just high interest (yeah, I know, an oxymoron these days) savings accounts.

However, avoid the temptation to fling those eggs too far afield as over diversification actually reduces return and increases cost.

We wouldn't need to diversify if we all had shiny, clear crystal balls.

But guessing which stock\sector\country is going to boom and for how long has always been a mug's game.

Alison Griffiths' show Maxed Out appears Wednesdays at 10:30 p.m. on W Network. You can find out more at: alisongriffiths.ca

Interest rates/ Savings accounts

BANK	RATE
BMO	1.10%
CIBC	0.70%
HSBC	0.65%
ING	1.30%
PCF	1.0%
RBC	0.850%
SCOTIA	1.00%
TD	0.25%
ALLY	2.0%

CHECK BANK WEB SITES AS SOME RATES REQUIRE MINIMUM ACCOUNT BALANCE

TURN PASSION INTO PROFITS

Fun and Frugal

LESLEY SCORGIE
MONEY@METRONEWS.CA

Imagine for a moment that you were able to turn your passions into extra income or even a new job. Doing something you're passionate about is one of the easiest ways to make more money.

I've developed a simple income building model, called the Core and Petals, which you can use to turn your passion into more income. Envision a daisy flower with its white petals and yellow core that's connected to the stem which is rooted in the ground. Think of the core and stem of the flowers as your day job. You collect a salary which enables you to pay your bills, keep a roof over your head and food on the table. Now, think of your extra-curricular interests as the petals on the flower. Because you have income stability through your day-job it's actually easier to start developing your petals as supplemental streams of income. The number one reason entrepreneurs fail at their business is because they didn't have adequate cash flow. The core and petals model actually encourages you to keep working at your day job and generate regular cash flow, while simultaneously developing your entrepreneurial ideas. What do you need to get started? Take a brief moment to focus on what you love to do in your spare time. Then, think of ways to make money off your interests.

When you're ready independently register the business. When your small business is strong enough to become your primary source of income, it then becomes your core and stem. But, it often takes time to develop a sustainable business and therefore it's a good idea to keep your job while you put your plans in place.

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4 sports

Canucks re-sign O'Brien, forwards

The Vancouver Canucks signed defenceman Shane O'Brien and forwards Tanner Glass and Alexandre Bolduc to contract extensions, the club announced yesterday.

O'Brien, 26, had two goals, six assists and 79 penalty minutes for the Canucks last season. The six-foot-three, 230-pound native of Port Hope, Ont., finished first among Canucks defencemen with 112 hits and second with a plus-15 defensive rating.

In 299 NHL games, O'Brien has registered 55 points (eight goals, 47 assists), 605 penalty minutes and a career plus-15 rating. O'Brien was originally selected by the Anaheim Ducks 250th overall in the 2003 NHL draft.

Glass, 26, had four goals, seven assists and 165 penalty minutes in 67 games. The Regina native led all Canucks with 165 hits. The 6-1, 210-pound forward was originally selected by the Florida Panthers 265th overall in 2003.

Bolduc, 25, split last season with the Canucks and AHL's Manitoba Moose. In 15 games with Vancouver, the Montreal native had no points and 13 penalty minutes. He had three points and 20 penalty minutes in 13 games with the Moose. The 6-1 forward was originally selected by the St. Louis Blues 127th overall in 2003. THE ASSOCIATED PRESS

RICHARD WOLOWICZ/GETTY IMAGES

▶ Shane O'Brien

The connection

Can you guess the connection between these baseball players? Answer below.

CONNECTION ANSWER: ALL PICKED FOR ALL-STAR GAME BEFORE THEY TURNED 22.

Quoted

"I think they like watching him play, to be honest with you."

BRAVES MANAGER BOBBY COX, ON WHY FANS HAVE TAKEN TO JASON HEYWARD.

Scan the code for news

Can NL bust out of all-star slump?

Senior Circuit hasn't won game for 13 years ◐ NL looks to elite group of pitchers to turn tables

Ryan Howard is sick of all the talk about the American League's dominance in the all-star game.

The Phillies slugger knows all too well it's been 13 years of AL bragging rights.

And, no, that wacky 7-7 tie in 2002 did little to boost NL morale in baseball's Midsummer Classic.

In this year of the pitcher, the National League is downright loaded, even for an all-star game with the best of the best coming to Orange County tonight.

"This should be the year for us to go out there and hopefully end this drought," Howard said.

"I'm getting tired of hearing about the American League winning and how long they've won, every year for the last 13 years or whatnot.

Basically go out there and try to change it up."

"I'm getting tired of hearing about the American League winning and how long they've won."
RYAN HOWARD

There's Colorado 15-game winner Ubaldo Jimenez starting at Angel Stadium. In the bullpen: Marlins ace Josh Johnson, Mr. Perfect Roy Halladay and two-time reigning NL Cy Young Award winner Tim Lincecum.

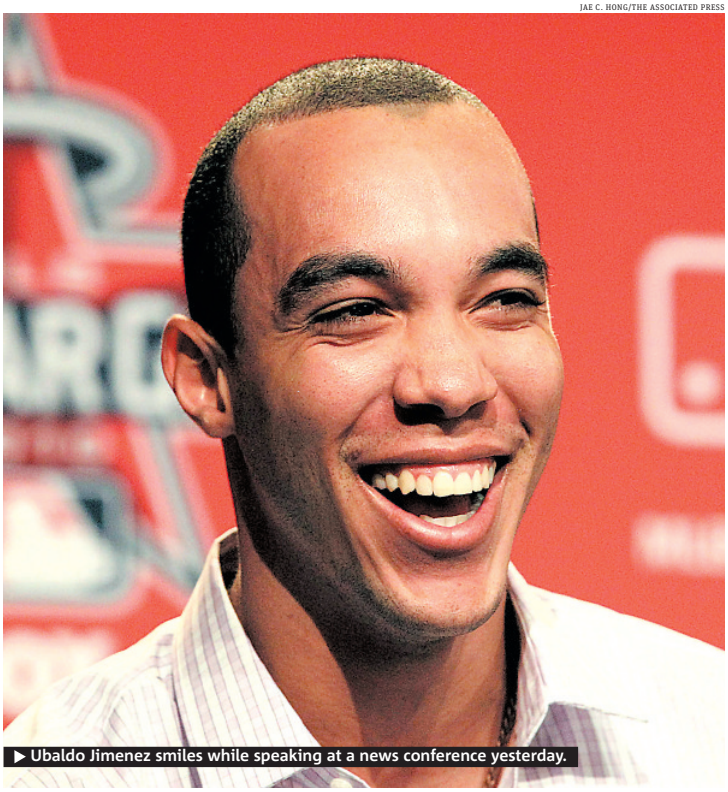
And so on.

The AL run is one of the more perplexing streaks in sports. Is it simply a quirk, or evidence of true dominance?

The American League has ruled interleague play for several years, and also done well in the World Series, winning four of the last six titles.

THE ASSOCIATED PRESS

JAE C. HONG/THE ASSOCIATED PRESS



▶ Ubaldo Jimenez smiles while speaking at a news conference yesterday.

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Sports in brief

Ortiz wins homer derby

MLB. Boston slugger David Ortiz has won his first Home Run Derby title, hitting 11 homers yesterday in the final round to beat Florida's Hanley Ramirez at Angel Stadium. Ortiz hit 21 homers in the first two rounds of his fourth derby before holding off Ramirez and beating a field missing most of the majors' top power hitters.

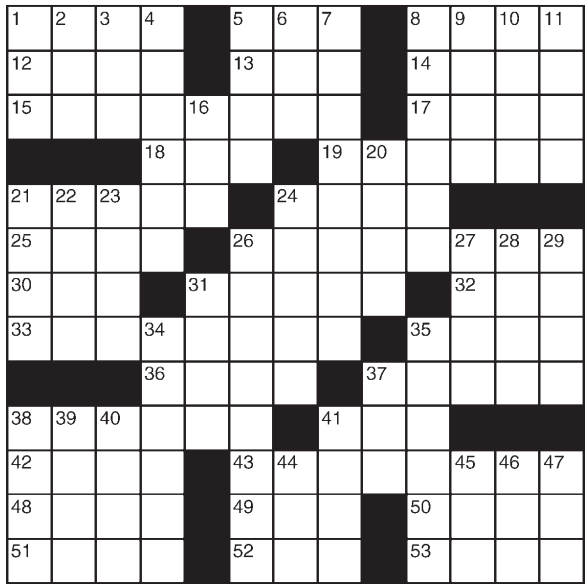
Spanish team returns home

MADRID. Spain's football team returned home to a jubilant nation and a huge fiesta yesterday after winning the World Cup, finally giving Spaniards a break from months of economic gloom and political squabbling.

NCAA adds to March Madness

TOURNAMENT. The NCAA has decided to add a new round to the NCAA men's basketball tournament next year, when the field expands to 68 teams.
THE ASSOCIATED PRESS

Crossword



Across

1 Options list
5 Calf's mama
8 Cutting tools
12 On
13 Lawyers' org.
14 Witticism
15 "Th-th-th-that's all, folks!" speaker
17 Radius' neighbor
18 Dine on
19 Report card data
21 Scatter about
24 Talon
25 Bound
26 Have lofty goals
30 Author Fleming
31 Meat cut
32 Yoko of music
33 Oilfield structure
35 Mil. alliance since 1949
36 Crazy one
37 Vice President Burr
38 "The Georgia Peach"
41 Doctrine
42 Inter
43 Baseball commissioner
48 Coaster
49 Prior to
50 Vega's constellation
51 Church furniture
52 "CSI" evidence
53 Favorable votes

Down

1 Chart
2 DDE's command
3 Neither mate
4 Maintenance
5 Army rank (Abbr.)
6 Japanese sash
7 Swaying from side to side
8 Complain
9 "— Lang Syne"
10 Sommelier's suggestion
11 Hot tubs
16 Deviate off course
20 File crosser
21 Lost traction
22 Rip
23 Hindu royal
24 Mountain range
26 Pulsated
27 Papa pig
28 Really enjoying
29 Hoodlum
31 Unkempt one
34 Famed London insurers
35 To wit
37 Fool
38 Recipe meas.
39 Christmas
40 Rowing team
41 Concept
44 Coffee shop vessel
45 Caustic solution
46 George's brother
47 State of matter

▶ Yesterday's answer

A	S	P		D	I	T	S	Y		O	R	R		
G	O	O		E	N	A	T	E		L	O	U		
O	L	D	S	C	H	O	O	L		D	A	B		
			O	R	E		C	L	A	M	M	Y		
D	A	N	D	E	R		K	O	L	A				
E	S	E		E	E	K		W	A	S	T	E		
S	E	W	S		S	E	N		S	T	A	Y		
K	A	Y	A	K		G	A	S		E	K	E		
			O	U	R	S		V	E	E	R	E	D	
H	A	R	L	O	W		A	R	A					
I	R	K		N	E	W	J	E	R	S	E	Y		
L	E	E		O	D	E	O	N		P	R	O		
T	A	R		R	E	E	S	E		Y	E	N		

Sudoku

	3		6		7		9	
7								1
		2	8		9	5		
	4		5	7	3		8	
	6						5	
	5		1	6	2		4	
		5	3		1	6		
8								5
	2		9		6		7	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

4	1	3	2	7	8	6	9	5
5	2	8	9	6	4	1	3	7
6	7	9	5	3	1	8	4	2
1	8	7	6	5	9	3	2	4
9	4	2	8	1	3	5	7	6
3	6	5	4	2	7	9	8	1
2	9	4	1	8	6	7	5	3
8	3	6	7	4	5	2	1	9
7	5	1	3	9	2	4	6	8

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Dear Big Daddy: Don't worry too much babe. You will be okay and all this is just a test of your amazing strength. This too shall pass. I love you forever.
SUNNY XOXOX

NJR, the last 3 years have been the best years of my life. I wouldn't be where I am today if it wasn't for you. I'd love to be yours forver. 143BB
ANOTHINY

Richard: I am so sorry that our relationship (friendship) ended. I don't know how or why it did. I know I ran scared, as always. I just wanted to tell you, I love you.
X BUILDING MANAGER

Hey, Daysi I love you so much!! Days I m alone without are days I miss you alot, when Days I m with you are the most amazing days of my life! **SEXY**

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Today: Partly cloudy 20°/13°
Wednesday: Sunny 21°/15°
Thursday: Sunny 21°/13°

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Get your head out of the clouds and get stuck into your work. Even if you are the kind of Aries who prefers to leave details to other people you will quite enjoy getting involved in the finer points today.

♉ Taurus April 23-May 21 Venus, your ruler, will sweep away the negative atmosphere both at home and at work and life will be fun again.

♊ Gemini May 22-June 21 If you made an error of judgment yesterday or over the weekend you must own up to it now. There is no doubt you will be forgiven but others' generosity won't extend beyond the next 24 hours. You have been warned.

♋ Cancer June 22-July 22 Make an effort to communicate with someone you desperately want to get back on good terms with. They will appreciate that effort.

♌ Leo July 23-Aug.23 There is nothing you cannot accomplish if you want it enough and if you put both your heart and your mind into making it happen. Do whatever it takes to realize your dream.

♍ Virgo Aug. 24- Sept. 22 Venus in your birth sign does wonders for your confidence, especially in one-to-one relationships, so now is the time to let that special person know how much you care for them. They care for you too — and they'll show it.

♎ Libra Sept. 23-Oct. 23 This is a good time to stand back from your life a little and take stock of where you have been and where you intend to go in the future.

♏ Scorpio Oct. 24-Nov. 22 You have never been the kind to accept second best and you are not about to start now. However, you are unlikely to get what you want through coercion, so why not try persuasion instead?

♐ Sagittarius Nov. 23-Dec. 21 Your popularity on the work front will reach new heights today and if ever there was a time to push for a promotion or raise that time is now. Let your boss know why you are worth your weight in gold.

♑ Capricorn Dec. 22-Jan. 20 Pluto in your sign is enlivened by Venus, planet of emotional and material values, over the next 24 hours, so positive news about your money situation or a relationship will cheer you up no end.

♒ Aquarius Jan. 21-Feb. 18 A situation that has been worrying you will be resolved to your complete satisfaction today and you will be glad that you did not impose a solution on it as some people suggested.

♓ Pisces Feb. 19-March 20 The Sun in Cancer means this is a fortunate time for you and whatever you do over the next few days will be a complete success. **SALLY BROMPTON**

Caption contest

GE YUEJIN/THE ASSOCIATED PRESS/XINHUA

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

MIGUEL ANGEL MORENATTI/THE ASSOCIATED PRESS

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+Taxes & other fees (including service charges): $276

Cancun/Riviera Maya via Calgary

Occidental Grand Xcaret • 4 1/2★
All-Inclusive
Deluxe rm.
Sept. 26 • 1 wk.
$539
+Taxes & other fees (including service charges): $285

Grand Sirenis Riviera Maya Hotel & Spa • 5★
All-Inclusive
Junior suite
Sept. 26 • 1 wk.
$619
+Taxes & other fees (including service charges): $285

TURKS & CAICOS via Toronto

Royal West Indies Resort • 4★
Studio botanical view
Sept. 4 & 11 • 1 wk.
$979
+Taxes & other fees (including service charges): $264

CUBA
Santa Clara via Calgary

Meliá Las Dunas • 4★
All-Inclusive
Standard rm.
Aug. 28 - Sept. 25 • 1 wk.
$529
+Taxes & other fees (including service charges): $221

Varadero via Calgary

Sirenis La Salina Varadero • 4★
All-Inclusive
Standard rm.
Aug. 29 - Sept. 26 • 1 wk.
$529
+Taxes & other fees (including service charges): $221

DOMINICAN REPUBLIC
Samana via Toronto

Bahia Samana Roulette • 4★
All-Inclusive
Run of the house
Sept. 5 & 12 • 1 wk.
$669
+Taxes & other fees (including service charges): $325

Puerto Plata via Toronto

Iberostar Costa Dorada • 4 1/2★
All-Inclusive
Hotel rm.
Sept. 3 & 10 • 1 wk.
$829
+Taxes & other fees (including service charges): $325

JAMAICA via Toronto

Sunset Jamaica Grande Resort & Spa • 4★
All-Inclusive
Standard rm.
Aug. 27 - Sept. 23 • 1 wk.
$699
+Taxes & other fees (including service charges): $294
Please add $50 for Sat. & Sun. departures

Gran Bahia Principe Jamaica • 4 1/2★
All-Inclusive
Junior suite
Aug. 27 - Sept. 23 • 1 wk.
PRIVILEGES
$799
+Taxes & other fees (including service charges): $294
Please add $50 for Sat. & Sun. departures

SAINT LUCIA via Toronto

Coconut Bay Beach Resort & Spa • 4★
All-Inclusive
Deluxe garden view rm.
Sept. 4, 5, 11 & 12 • 1 wk.
$1289
+Taxes & other fees (including service charges): $236

USA
LAS VEGAS

The Venetian • 5★
Continental breakfast
Venezia Bella suite
Aug. 10 & 29 • 3 nts.
Two FREE show tickets[2]
$459
+Taxes & other fees (including service charges): $135

CRUISE

Carnival Cruise Lines[3]

Carnival Victory®
Southern Caribbean Cruise
Flights to San Juan via Toronto
Oceanview stateroom, cat. 6B
Mar. 13 • 1 wk.

SAVE $200 per couple
FREE seat selection, transfers & gratuities
$1619
+Taxes & other fees (including service charges): $287

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